

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 02069, Vinegar, balsamic ^a

Report Date: October 27, 2015 05:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	76.45	--	0.586	73.17	80.49	1.0	69.012	83.897	2	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Energy ^b	kcal	88	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Energy	kJ	369	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Protein ^{1 2}	g	0.49	--	0.101	0.36	0.78	1.0	-0.789	1.771	2	Aggregated data involving combinations of source codes 1 & 12	--	02/2006
Total lipid (fat) ¹	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2006
Ash ^{1 2}	g	0.37	--	0.060	0.31	0.54	1.0	-0.398	1.139	2	Aggregated data involving combinations of source codes 1 & 12	--	02/2006
Carbohydrate, by difference	g	17.03	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Sugars, total ^{1 2}	g	14.95	--	0.249	11.93	16.86	1.0	11.782	18.117	2	Aggregated data involving combinations of source codes 1 & 12	--	02/2006

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Sucrose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2006
Glucose (dextrose) 1	g	7.57	--	0.779	6.14	8.53	2.0	4.341	11.048	1	Analytical or derived from analytical	--	05/2006
Fructose 1	g	7.38	--	0.859	5.79	8.45	2.0	3.81	11.199	1	Analytical or derived from analytical	--	05/2006
Lactose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2006
Maltose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2006
Galactose 1	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2006
Minerals													
Calcium, Ca 1 2	mg	27	--	3.150	21	31	1.0	-12.575	67.475	2	Aggregated data involving combinations of source codes 1 & 12	--	02/2006
Iron, Fe 1 2	mg	0.72	--	0.069	0.51	0.86	1.0	-0.149	1.592	2	Aggregated data involving combinations of source codes 1 & 12	--	02/2006
Magnesium, Mg 1	mg	12	--	2.222	8	16	2.0	2.671	21.789	1	Analytical or derived from analytical	--	02/2006
Phosphorus, P 1	mg	19	--	4.958	9	26	2.0	-2.508	40.155	1	Analytical or derived from analytical	--	02/2006

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Potassium, K 1 2 3	mg	112	--	20.075	80	176	2.0	25.625	198.375	3	Aggregated data involving combinations of source codes 1 & 12	--	03/2006
Sodium, Na 1 2	mg	23	--	2.675	9	31	1.0	-11.064	56.914	2	Aggregated data involving combinations of source codes 1 & 12	--	02/2006
Zinc, Zn 1	mg	0.08	--	0.013	0.05	0.1	2.0	0.024	0.136	1	Analytical or derived from analytical	--	02/2006
Copper, Cu 1	mg	0.026	--	0.007	0.02	0.04	2.0	-0.005	0.058	1	Analytical or derived from analytical	--	02/2006
Manganese, Mn 1	mg	0.131	--	0.015	0.1	0.16	2.0	0.067	0.194	1	Analytical or derived from analytical	--	02/2006
Vitamins													
Vitamin C, total ascorbic acid 2	mg	0.0	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	03/2006
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Vitamin A, IU 2	IU	0	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	03/2006
Lipids													
Fatty acids, total saturated 2	g	0.000	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	03/2006
Fatty acids, total trans 2	g	0.000	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	03/2006

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7h, 2003 Beltsville MD

²Mizkan Americas, Inc Nutrient content of different varieties of vinegar, 2005

³Mizkan Americas, Inc Nutrient analysis of vinegar, 2006

Footnotes

^a Contains 6% acetic acid. Total proximates do not equal 100%.

^b Acetic acid is included in energy calculation.